

BARRHAVEN SENIORS' COUNCIL

Registered Charity # 72092 5924 RR0001

“Spring & Summer 2018 Newsletter”

I would like to thank Members for their patience over this past fall and winter as we transitioned into using the Ken Ross Field House as the “Barrhaven Seniors’ Center” for most of our programs. This continues to be a work in progress as we try various ways of organizing programs at that location, find ways that we can best utilize the limited space (Meeting Room only), and how to best use the specific hours for which the room is rented. By the end of 2018, we will have a clearer of what we can and cannot do at this location.

Over the next few months, the City will be undertaking renovations (both interior and exterior) – including a cooling system which will make the facility more comfortable during the upcoming hot months.

Our monthly schedule will adapt to several changes over the coming months. Some programs stop for the season or transition to being combined with another programs for maximum efficiency in use of the building. New programs begin at various times throughout the months ahead.

This is the first year that we are able to offer programs/activities year round. Join us for a great time at a designated activity, or an activity of your choice, or drop in to chat.

CANADIAN TUPLIP FESTIVAL

Event Date: May 11, 2018 - May 21, 2018



Photo: Ottawa Tourism

IT WAS A GREAT 5TH ANNIVERSARY PARTY !

We wish to thank our three food sponsors who provided us with such fabulous eats at our February 6th Party – which significantly reduced the cost of admission to attendees.



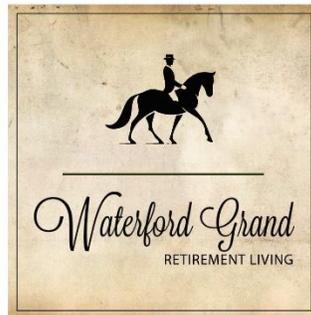
Our meal began with a choice from two fabulous soups by V!VA Barrhaven; then...



...a choice from a wide selection of sandwiches by Atria “The Court At Barrhaven;” topped off by....



&



- a selection of wonderful desserts by Waterford.

Barrhaven’s Premier Address for Senior Living

A small grant from the Ministry of Seniors Affairs helped to offset the cost of beverages + most of the music.

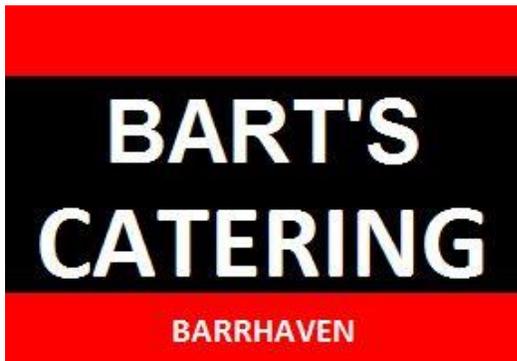
Many thanks to all of our Sponsors!

CATERED MEAL PROGRAM



Thank you to all Members who participated in our initial series of Breakfasts and Lunches – January to May – held at our building. Despite the challenges of weather, you came out in large numbers and in good spirits. The last opportunity until fall to take part will be the May Breakfast and May luncheon.

Did you know? We priced all of our meals for the “Catered Meal Program” as low as possible so as to meet the expectations outlined in this Charity’s goals and objectives <https://barrhavenseniors.com/goals-and-objectives>



Our chefs, Allen and Darrell, “donated” their skill and talent, and almost all of their labour so that Members could have access to good meals at rock bottom prices. Each meal took both of them many hours to: buy supplies; do the necessary preparation; serve two Sittings; followed by clean up. We salute their dedication to seniors !

Undertaking this meal program brought about financial challenges. Keeping cost to Members as low as possible meant that there was no room for unexpected costs and situations that might occur sometime in the program.



We thank our sponsor for providing us with sufficient working capital so that we could launch this new program !

If you would like us to offer this program again, please let us now by sending an email to barrhavenseniors@gmail.com Your feedback will help us to plan future meal options.



From May to September, Marilyn Winchester will be offering - once each month - to take Members to a variety of destinations around the City, such as: Centre Block at the House of Commons as it closes this fall for ten years; Changing of the Guard; take a leisurely stroll through the ByWard Market & Rideau Centre; explore the Canadian Museum of History; and more. Send suggestions to Marilyn at chipchip@rogers.com

Journeys are held on Wednesdays, when OC Transpo buses are “free” for seniors. Watch for details to be announced in the monthly emails.

All trips will depart from the OC Transpo lot behind Canadian Tire/Sobeys

Barrhaven Seniors' Council wishes to thank Ward 3 Councillor
(councillor)

Jan harder

for arranging our access to, and upgrades at the Ken Ross Field House. Without that assistance, the “Barrhaven Seniors’ Council” could not expand its range of programs and services. There will be other improvements to the “Barrhaven Seniors’ Centre” in the coming years too. Many thanks too for the countless hours spent behind the scenes in supporting and guiding this Council in its development over these past five years!

RESERVE YOUR SPOT AT THE TABLE !

Opportunities have been arranged over the months ahead for Members to get together at restaurants in Barrhaven to enjoy time together.



- Tuesday, June 19th - 11:30 AM – Royal Oak
- Monday, July 16th – 11:30 AM – Heart & Crown
- Friday, August 24th – 11:30 AM – Boston Pizza
- Thursday, September 27th – 11:30 AM – Colonnade
- Tuesday, October 30th - East Side Mario's Barrhaven

Reservations can be made up to two days before each meal at barrhavenseniors@gmail.com or by calling Don at 613-440-3620

Barrhaven Seniors' Council wishes to thank Ward 22 Councillor

Michael
QAQISH

for contributing funds towards the cost of renting space at the Ken Ross Field House for our summer activities.
Your support is very much appreciated!



We are fortunate to have as one of our main sponsors, Ottawa Valley Tours. They not only accept block booking of seats for our group so that we do not have to undertake the expense of chartering highway coaches and underwriting the cost of all arrangements, but also provide us with a financial contribution.

OUR SPRING OUTING:

Akwesasne Mohawk Casino & Bingo Palace

Saturday, May 26 | **\$65** – Transportation; Bonus Package; All taxes

Today we travel across the border into upstate New York for a gaming experience at the Akwesasne Mohawk Casino and Bingo Palace. The casino features 1600 of the newest slots, 20 table games, four food venues and a poker room. A Bonus Package (\$20 Slot Play/\$11.99 meal value credits) will be added to your players card. (Bonus amount subject to change). This tour is restricted to persons 21 years and older. A valid passport is required.

OUR FALL OUTING:

Fall Colours in the Pontiac & The Ottawa Valley

Wednesday, October 3

\$110 includes: Transportation; Lunch;

Admission to Fort Coulonge Falls Lookout; All taxes

You will be in awe as spectacular fall colours come ablaze as we travel up through the Ottawa Valley making a stop in Pembroke to view some of the exceptional hand-painted heritage murals. Our scenic travels continue crossing into the province of Quebec where we will arrive at North Fork for a delicious home-cooked lunch. Later our journey continues through the Pontiac region to the Coulonge Falls lookout to experience the fascinating history and breathtaking scenery surrounding the sights and sounds of white water roaring in a canyon formed of prehistoric rock.

The Christmas Express – Upper Canada Playhouse

Wednesday, December 5

\$133 includes: Transportation; Lunch; Show; All taxes

Today we travel to the St. Lawrence Seaway making a stop for a delicious buffet lunch at the McIntosh Country Inn in Morrisburg. This afternoon we will claim our reserved seats at the Upper Canada Playhouse for the Christmas musical production of “The Christmas Express.” The little town of Holly has little to celebrate this holiday season. Even the Christmas Express hasn’t passed through their train station in years. Hilda the station manager has lost hope of it ever returning and everyone has lost their Christmas spirit. Expecting the arrival of an official to close them down, they are visited instead by Leo, a mysterious fellow who soon fills the town with holiday cheer. All except Hilda, will they discover who Leo really is? Will the Christmas Express come through this year? Will Hilda regain her Christmas spirit? A wonderful show with a fabulous concert of Christmas music performed by singers, dancers, musicians and a large community choir

Reserve your seat now. These tours will sell out quickly!

Paying by Credit or Debit Card?

Please call Ottawa Valley Tours at 613-723-5701

(Please be sure to tell them that you are part of the “Barrhaven Seniors’ Council” block so that we can sit together as a group).

Want to pay with cash or cheque?

Contact Don at 613-440-3620 so that he can reserve your seats.



Barrhaven Seniors’ Council wishes to thank V!VA Barrhaven for their \$1,000 financial donation towards program operating costs for our Members.

This program resumes in June.



MEN'S BREAKFAST

June 5th; July 3rd; August 7th; September 4th
Broadways Barrhaven – 8:30 AM

Reservations can be made up to two days before each meal at
barrhavenseniors@gmail.com or by calling Don at 613-440-3620



Ladies LUNCHEON

Wednesdays: May 2nd; June 6th; July 11th; August 8th; September 12th
Broadways, Barrhaven – 11:30 AM

Reservations can be made up to two days before each meal at

solligrey@rogers.com

or by calling Heather at 613-825-1789

SENIORS 55+ HAVE LOTS OF SKILLS AND TALENTS !

Volunteers are the foundation for the running of our Programs !

Do you like to work behind the scenes? Do you have a hobby or interest that you would like to share with others? We need your help and ideas.



Share your skills and talents with others. We are looking for volunteers who can help to organize and expand programs and services. Volunteering a few hours each week for a specific task is appreciated!

Program co-Ordinators run the events and open/close the building. Attendees are encouraged to help at events by setting up the coffee/tea etc. We all work together.

However, we also need volunteers who would be willing to help: help to locate items needed by the various programs; assist with long term planning for expanding the amount of time that we rent

the Meeting room. Your “Barrhaven Seniors’ Centre” needs everyone’s care & attention. To volunteer, contact Don at 613-440-3620 or barrhavenseniors@gmail.com

Your Executive and Board of Directors



The “Annual General Meeting” was held on Friday, November 24, 2017. The required business of the Charity was conducted in accordance with our Constitution and the requirements of the Canada Revenue Agency Charities Directorate.

Your 2018 Executive and Board of Directors are:

PRESIDENT: Don Winchester; **TREASURER:** Val McPhail;
SECRETARY: Lois Elkins
DIRECTORS AT LARGE: Bev Tremblay; Heather Bourdo

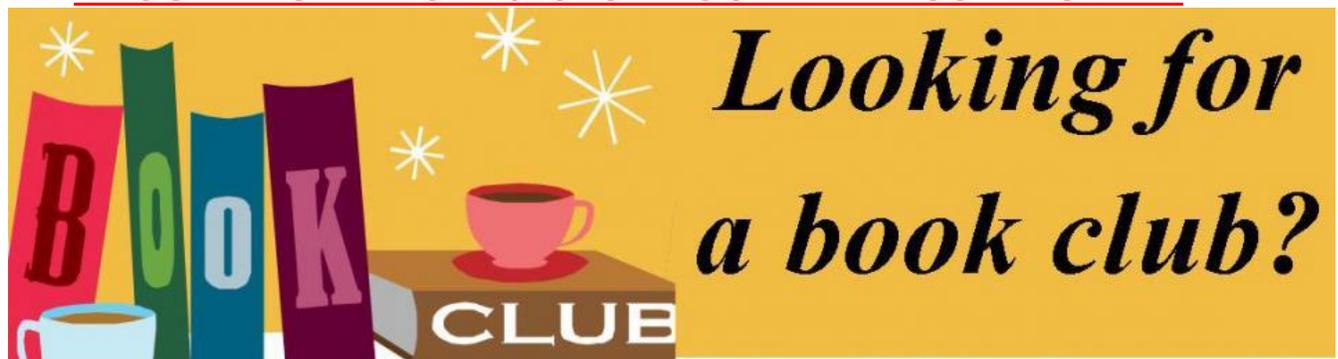
Canadian Sunset Ceremonies – June 27, 28, 29 and 30, 2018



Join us for the RCMP's Canadian Sunset Ceremonies in Ottawa!

What better way to celebrate being Canadian than by attending the RCMP's Canadian Sunset Ceremonies in the nation's capital? At this annual event, the RCMP thanks the community for their support and offers Canadians and visitors a chance to see the world famous RCMP Musical Ride at its home in Ottawa. The event features a performance by the Musical Ride, and as the sun sets, the silhouetted Mounties of the Musical Ride line up to take part in the flag lowering ceremony and the entire audience take part in the singing of our national anthem. This is a truly unique Canadian experience that can't be missed. Location: Musical Ride Centre, 1 Sandridge Road, Ottawa.

PROGRAMS AND SERVICES AROUND THE COMMUNITY



Dickinson Reads Book Club – Second Wednesday of the month: 10 AM to 11 AM

Share the enjoyment of good books in a relaxed atmosphere. Dickinson Reads meets:

- May 9 - *My Secret Sister* – by Helen Edwards
- June 13 - *Unbroken: A World War 2 Story of Survival, Resilience and Redemption* - by Laura Hillenbrand

Wednesday: 6:45 – 8:15 PM

A Word of the Week will be announced for the following week's writing 'assignment'. At next week's circle, you may present your prepared written piece that uses the Word / Phrase of the Week. Each person will be given up to eight minutes to present their work to the group. Poetry, prose, a novel in progress, song lyrics ...the sky's the limit. If the word has you stumped, feel free to bring another piece of writing to present to the group. Drop-in.

Word of the Week: Lock (Apr 18); Chief (Apr 25); Worry (May 2); Follow (May 9); Bunny (May 16); Thirsty (May 23); Swivel (May 30); Stuffing (Jun 6); Interest Jun 16); Phone (Jun 20); Joy (Jun 27).

Phrase of the Week: In the meantime (Apr 18); I became confused (Apr 25); I felt that something was missing (May 2); No time like the present (May 9); I can't give it away (May 16); Caution to the wind (May 23); Not just another pretty face (May 30); Getting up is sometimes hard (June 6); I'll go it alone (Jun 16); Laughter and light filled the room (Jun 20); No significant complications were encountered (Jun 27).

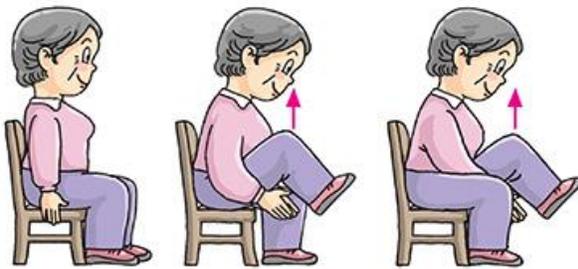
LIBRARY SERVICES

eBook Tutorial (one-on-one) + Computer Tutorial (one-on-one)

Learn about eReaders and how to download eBooks from the OPL website, or learn computer, Internet and email basics. Call [613-580-2424](tel:613-580-2424) x30353 or email RuthEDickinson@bibliottawalibrary.ca to schedule an appointment.

YEAR ROUND SENIOR CHAIR EXERCISES

"No Cost" - Wednesdays and Fridays: 2:30 to 3:30 PM
Join any time as this is an ongoing program.



Location: South Nepean Satellite Community Health Centre, 4100 Strandherd Drive, Suite 201. Please take the elevator located on the ground floor next to the pharmacy.



Most of our programs operate from this building located at 700 Longfields Drive - on the east side of the intersection of Longfields Drive & Highbury Park Drive.

Enter the large parking lot and our accessible building is ahead on the left.

MONDAYS

SENIORS’ DROP IN: Mondays 9:30 AM to 11:30 AM

NEW

This Program now operates “Year Round” thanks to:

Co-Ordinators:

Barbara Lehmann and Barb Reeves **(September 2017 to May 2018)**

Val McPhail & Heather Bourdon **(June 2018 to September 2018)**

Looking for a chance to get together and start the week in a relaxed manner? This informal gathering offers a casual atmosphere in which to meet others and share ideas. Coffee, tea and other beverages are available at minimal cost. Snacks provided by:



NEW

DISCUSSION GROUP: Co-Ordinator: Marilyn Winchester

- specified Mondays in March, May, and June only

This group will operate in a relaxed fashion. To kick off each session, a Current Events story will be the focus. Everyone who wishes to comment has an opportunity to do so. Afterwards, the topics are yours to choose.

POETRY & PLAY READING:

Co- Ordinators: Chris Murray & Marilyn Winchester

specified Mondays 1 PM to 4 PM **(last day June 11th)**

If you like reading plays, poetry and other written works, join this group. Read out and listen to favourite selections in a relaxed atmosphere.

MAHJONG: Co-Ordinator: Jose Gamero
specified Mondays 1 PM to 4 PM **(last day April 23rd)**
Starting in May, Mahjong will be integrated into mix program settings.

SCRABBLE: Co-Ordinator: Marilyn Winchester **(last day April 7th)**
specified Monday afternoons during the past season.
Starting in May, Scrabble will be integrated into mix program settings.

KNITTING GROUP:

NEW **This Program now operates “Year Round” thanks to:**
Co-Ordinator: Cindy Stephens – Library upstairs - 1:30 PM to 3 PM
Join the kitting group for a relaxing time working on individual projects, or
explore other options.

TUESDAY

NEW **BRIDGE:** every Tuesday afternoon – 1 PM to 4 PM
This Program now operates “Year Round” thanks to:
Co-Ordinators: Mitch Phomin and Gerry Hannan
This active group welcomes new players. Whether a beginner, or
experienced, this group is non-competitive. Enjoy the game in a friendly
setting. Drop-ins are always welcome.

WEDNESDAY

EUCHRE: every Wednesday afternoon – 1 PM to 4 PM
Co-Ordinators: September 2017 to June 2018 - Gail Greene + Regina Kouri
Available on Wednesdays in the summer too, along with other activities!

THURSDAY

CRIBBAGE: every Thursday afternoon – 1 PM to 4 PM
Co-Ordinators: September 2017 to June 2018 - Ron Clerk + Allan Boassaly
Available on Thursdays in the summer too, along with other activities.

FRIDAY

CANASTA: Co-Ordinator: Heather Bourdon **(last day April 27th)**
every Friday afternoon during the past season
Starting in May, Canasta will be integrated into mix program settings.

Summer Programs

MORNINGS:

- Mondays: 9:30 AM to 11:30 AM “Drop In”

AFTERNOONS:

Monday: Knitting – 1:30 to 3 PM – Library

Tuesday: Bridge – 1 PM to 4 PM - at the Barrhaven Seniors’ Centre

Wednesday and Thursday afternoons at the “Barrhaven Seniors’ Centre,” join us for:



Co-Ordinator: Don Winchester

Wednesday: Euchre + choice of other activities - 1 PM to 4 PM

and

Co-Ordinator: Allan Boassaly

Thursday: Cribbage + choice of other activities - 1 PM to 4 PM

This is a chance to get out of the house on a summer afternoon, enjoy a wide variety of indoor activities in a “cool” setting – or just come, visit.

Drop in and enjoy a cool beverage from our snack bar.

More details about summer programs will be sent in our Summer Update.